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| **Time** | | **Period** | |  |  |
| **6:15 –6:30 (15)** | | **Pre-practice**  **Skill players**  **O-line** | |  |  |
| **6:30-6:45 (15)** | | **Warm-ups** | |  |  |
| **6:45-7:10 (20)** | | **Fundamentals**   * **break into 3 groups** * **O-Line** * **Backs** * **Receivers** | |
| **7:10-7:15 (5)** | | **Water break** | |
| **7:15-7:30 (15)** | | **Inside Running Game** | |
| **TIME** | **PERIOD** | |
| **7:50-8:10**  **(20)** | **Pass Game** | |
| **8:10-8:25**  **(15)** | **SPECIAL TEAM** | |
| **8:25-8:35**  **(10)** | **CONDITIONING** | |
| **END** |  | |